

***Abstract Of the Disclosure***

An internal damper element that is usable in a fuel rail of a fuel system, the fuel system having a pressurized fuel source coupled to the fuel rail that has at least one fuel injector. The damper element includes an elongated member having a longitudinal damper element axis generally parallel to the longitudinal rail axis, the damper element having a first portion and a second portion, the first portion having at least three points defining a virtual plane, the first portion including a continuous surface that intersects the virtual plane at a plurality of positions. A method of reducing pressure pulsation in a fuel system is achieved by configuring a damper element of a second configuration from an initial configuration, the second configuration having a first portion and a second portion, the first portion having at least three points defining a virtual plane, the first portion including a continuous surface that intersects the virtual plane at a plurality of positions; and locating the damper element within the fuel rail.